

# GALLATIN CITY-COUNTY HEALTH DEPARTMENT

## GROWTH & DEVELOPMENT



### 18-24 Months

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR
<ul style="list-style-type: none"> <li>• Kicks a ball forward</li> <li>• Runs &amp; may start jumping</li> <li>• Throws a ball overhand</li> <li>• Walks up steps holding rail or wall</li> <li>• Builds a tower of 4-6 cubes</li> <li>• Scribbles spontaneously</li> </ul>	<ul style="list-style-type: none"> <li>• Show your child how to clap, spin &amp; move to music.</li> <li>• Dance with your child.</li> <li>• Provide opportunities to practice climbing stairs, walking, jumping, throwing, kicking &amp; running.</li> <li>• Offer toys such as pots &amp; pans, plastic containers, cups, cubes, play dough &amp; cardboard boxes.</li> <li>• Encourage quiet play with books, crayons &amp; paper &amp; simple puzzles.</li> </ul>
LANGUAGE & BEHAVIOR	LANGUAGE & BEHAVIOR
<ul style="list-style-type: none"> <li>• Has a vocabulary of 6-50 words</li> <li>• Combines two words (my ball)</li> <li>• Speech is understandable about half the ½ time</li> <li>• Identifies 1-3 pictures by naming</li> <li>• Identifies 2-4 pictures by pointing</li> <li>• Follows simple one step request, "Bring me your sock."</li> <li>• Identifies six body parts by pointing</li> <li>• Removes an article of clothing (t-shirt, pants, jacket)</li> <li>• Attention span is increasing</li> <li>• Testing limits &amp; boundaries</li> <li>• Frequently responds with "no"</li> <li>• May have temper tantrums</li> </ul>	<ul style="list-style-type: none"> <li>• Read to your child. Make books available for him to look at alone.</li> <li>• Encourage child to participate in reading. "Where is the doggie?"</li> <li>• Talk to &amp; tell your child what you're doing throughout your day.</li> <li>• When child gestures toward something she wants (a cup) encourage her to name it.</li> <li>• Help your child develop good self esteem: <ul style="list-style-type: none"> <li>• Validate &amp; help name feelings. "You sound angry".</li> <li>• Praise good behavior &amp; success.</li> <li>• Show disapproval of <u>behavior</u> , not child. "I don't like hitting".</li> <li>• Give tasks at which he can succeed.</li> <li>• Keep tasks short &amp; simple. Have him put one or two toys back in basket while you help.</li> </ul> </li> <li>• Set realistic limits &amp; be consistent.</li> <li>• Don't expect immediate obedience.</li> <li>• Teach &amp; encourage good manners. Be a good role model. Say thank you &amp; please to your child and others.</li> <li>• Ignore temper tantrums.</li> <li>• Children need help brushing and flossing until to age 7.</li> </ul>

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### 18-24 Months

#### SLEEP

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| <ul style="list-style-type: none"> <li>Typically sleeps about 13 hours a day in a 24 hour period, approximately 10-12 hours at night &amp; one nap.</li> </ul> | <ul style="list-style-type: none"> <li>Length of naps vary</li> <li>Bedtime may become a challenge</li> <li>Maintain pleasant, consistent bed and nap time routines &amp; schedules</li> <li>Limit TV and roughhousing before bed</li> </ul> |
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#### FEEDING & GROWTH

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| <ul style="list-style-type: none"> <li>Child may want to eat certain foods over &amp; over again.</li> <li>Children have high energy needs &amp; small stomachs.</li> <li>Let your child's appetite be the guide to how much is eaten.</li> </ul> | <ul style="list-style-type: none"> <li>Parents &amp; caregivers are responsible for what &amp; when food is presented.</li> <li>Children are responsible for how much &amp; whether they eat.</li> <li>Do not force your child to eat.</li> <li>Offer 3 nutritious meals &amp; 2-3 healthy snacks at regular times. See WIC Guidelines for Toddlers.</li> <li>Teach your child by maintaining good eating habits yourself.</li> <li>Children need help brushing &amp; flossing teeth until age 7.</li> </ul> |
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#### IMMUNIZATIONS

By 18 months your child should have received: 4 Diphtheria, Tetanus & Pertussis (DtaP), 3 Polio (IPV), 1 Measles, Mumps, Rubella (MMR), 4 Haemophilus (HiB), 3 Hepatitis B (Hep B) & 1 Varicella if your child has not had chickenpox.

#### SAFETY

- Remember to provide constant supervision at this age.
- Toddler proof your home & yard. See Toddler proofing handout.
- Use a correctly installed car safety seat every time child rides in a car.
- Keep soft pillows, plastic bags & small objects away from your child ( an object is too small if it fits through a cardboard toilet paper roll).
- NEVER shake your child.
- NEVER leave your child unattended around pets, in the bathtub or other sources of water.
- Protect your child from the sun by always applying a sunscreen with at least a SPF 15.
- Make sure both you & your child care provider are instructed in child CPR.
- Choose consistent, quality child care.
- Keep your child's environment free from tobacco smoke and other smoke.
- Hot water tank temperature should be set at 120° to avoid accidental burns.
- Protect from falls, keep crib sides up and mattress at lowest level. Keep your hand on your child at all times while she is on a high surface.
- Keep poisons, firearms & medications in a locked out of reach cupboard.
- Post poison control number by the phone. Keep Syrup of Ipecac on hand; check expiration date regularly.
- Toddler proof your home and yard. See toddler proofing handout.

Date: \_\_\_\_\_

Next Visit: \_\_\_\_\_

Notes:

